

wherever they receive care and from whoever they are seeing.

Women spend so much time taking care of others—spouses, children, aging parents, and the responsibilities of work. It is time to encourage all women to take better care of themselves.

Learn your risk factors. Learn how to be healthier. Learn how to live longer and healthier for yourself and for those that you love.

#### SEVENTY-FOUR SCHOOL SHOOTINGS

(Mr. DEUTCH asked and was given permission to address the House for 1 minute.)

Mr. DEUTCH. Mr. Speaker, there have been 74 school shootings since the Sandy Hook tragedy:

Apostolic Revival Center Christian School; Taft Union High School; Stevens Institute of Business; Hazard Community College; Chicago State University; Lone Star College; Price Middle School; Morehouse College; Indian River State College; Hillside Elementary School; Henry Grady High School; the University of Central Florida; Davidson Middle School; New River Community College; Elizabeth City State University; Grambling State University; Stillman College; La Salle High School; Santa Monica College; Alexander Dreyfoos School of the Arts; Northwest High School; Ronald McNair Learning Academy; Westside Elementary School; North Panola High School; Carver High School; Savannah State University; New Gloucester High School; Agape Christian Academy; Lanier High School; Sparks Middle School; Algona High School and Middle School; North Carolina A&T; Stephenson High School; South Dakota School of Technology; West Orange High School; Arapahoe High School; Edison High School; Liberty Technology High School; Berrendo Middle School; Martin Luther King Elementary School; Delaware Valley Charter High School; Widener University; Purdue University; South Carolina State University; Tennessee State University; Eastern Florida State College; Cesar Chavez High School; North High School; Bend High School; Salisbury High School; Brush High School; Union University; Raytown Success Academy; McDaniel College; Madison High School; University of Wisconsin; University of Delaware; Savannah State University; Kent State University; Eastern New Mexico University; East English Prep Academy; St. Mary Catholic School; Provo High School; Iowa Western Community College; Marquette University; Horizon Elementary School; Paine College; Georgetown College; Georgia Gwinnett College; Clark Street School; Seattle Pacific University; and Reynolds High School.

#### CELEBRATING THE NEWLY LAUNCHED DFW-HONG KONG AND SHANGHAI FLIGHTS

(Mr. MARCHANT asked and was given permission to address the House for 1 minute.)

Mr. MARCHANT. Mr. Speaker, I rise today to celebrate the launch of two new flagship routes at Dallas/Fort Worth International Airport, which I represent. Today, American Airlines opens direct service from DFW to both Hong Kong and Shanghai.

These new flights are the latest additions to the growing international hub at Dallas/Fort Worth Airport. Hong Kong and Shanghai join an impressive list of other newly launched international flights from DFW, including Bogota, Dubai, Lima, Seoul, and Sydney.

Many businesses have operations in my district because of the easy access to direct flights from DFW. These new flights will promote further business development and make it easier for my constituents to travel to Asia and across the world. More good news will come next month as DFW will soon add a direct flight to Doha.

My sincere congratulations to everyone at the Dallas/Fort Worth International Airport.

#### THE IMPORTANCE OF 6-DAY MAIL DELIVERY

(Mr. SIREs asked and was given permission to address the House for 1 minute.)

Mr. SIREs. Mr. Speaker, I rise today in support of the United States Postal Service 6-day mail delivery.

The most recent proposal offered by the Republican leadership to pay for the highway trust fund by reducing mail service is unprecedented and irresponsible. The elimination of 6-day mail delivery would have a negative effect on the Postal Service and could result in the loss of up to 80,000 jobs.

For decades, the Postal Service has sustained and created American jobs in every corner of the country. Eliminating 6-day delivery service would not only slow the delivery of mail and harm small businesses across America, but it will impose a hardship on the elderly and rural citizens who rely most on mail delivery for medical prescriptions and critical correspondence.

The Republican leadership's proposal to eliminate 6-day mail service will take 10 years to generate enough money to fund the highway spending for just 1 year.

Proposals like these are illogical, short-term fixes for serious problems facing our Nation's transportation infrastructure. Come on, guys. Put on your thinking caps, and come up with a better proposal for America.

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#### PROTECTING OUR VETERANS

(Mr. McNERNEY asked and was given permission to address the House for 1 minute.)

Mr. McNERNEY. Mr. Speaker, I rise today to call on my Republican colleagues to focus on the things that the American people sent us here to do. Today, I want to talk about protecting our veterans.

We owe it to our veterans to do everything we can to restore their confidence in the VA health care system. The plan announced Monday by the VA is a step in the right direction, but we must do much more.

I stand on behalf of the veterans in my district. They are still waiting too long and driving too far to see a doctor and waiting far too long for their claims and appeals to be processed. We need to see Congress spend its time getting to the bottom of the VA's dysfunction and giving the VA leadership the tools they need to fix these problems.

This is something we should do right now, instead of spending time on yet another series of politically motivated hearings on Benghazi. I call on the Republican leadership to use our House resources to investigate the real causes of the delays and work to find real solutions that will serve our veterans. That is a plan the whole House could get behind.

#### OCEANS AND FISHERIES

(Mrs. CAPPS asked and was given permission to address the House for 1 minute and to revise and extend her remarks.)

Mrs. CAPPS. Mr. Speaker, I rise today in support of smart and sustainable use of our precious ocean resources. We depend on a healthy ocean for so much—for food, livelihoods, recreation, and more. That is why scientists, managers, and entrepreneurs from across the country are currently in Washington, D.C., to discuss critical marine policy issues as part of Capitol Hill Ocean Week.

A key issue on the agenda is the responsible management of our Nation's fisheries. America's fisheries are rich, both economically and culturally, because we have smart laws that prioritize sustainable resource use.

Under these laws, our fishing industry alone contributed \$199 billion in sales and 1.7 million jobs in 2012 alone. These laws, however, are being threatened by partisan legislation recently passed by the Natural Resources Committee.

This bill—which I call the “Empty Oceans Act”—would override key environmental laws, erode fisheries, and hurt our coastal economies. It is no way to manage our ocean resources.

Mr. Speaker, I urge my colleagues to oppose the “Empty Oceans Act” and find a better path forward.

#### MANAGING OUR FEDERAL FISHERIES

(Mr. LOWENTHAL asked and was given permission to address the House for 1 minute.)